



## Spring Chicken & Vegetable Pot Pie

Serves 4 people

### Introducing Cat Hollow - @food\_obsessed\_girl



St Ives based Instagramer Cat Hollow inspires people to cook from scratch, showcasing old British classics like Steak & Kidney Pudding, traditional Cornish Pasties and Suet Crust Pies; as well British Curry House and Chinese

Takeaway favourites, from the widely appreciated Chicken Tikka Masala to Crispy Chilli Beef. You will even find the odd healthy and meat-free option too.

Cat credits her beloved and much missed Gran for her love of feeding people, remembering how her house always smelt like freshly baked heavy cake and sultana buns and how she'd go to the extra effort of making mashed and roast

potatoes on Sundays if Cat was there for lunch. Proud of her Cornish heritage Cat loves to keep these traditional dishes alive, but is always genuinely excited to try different cuisines from round the globe.

For her Spring dish Cat chose a lighter Spring Chicken & Vegetable Pie, not quite ready to give up her comfort food just yet, but with the lighter, sweeter notes of Spring veg.



If you'd like to follow Cat or access her recipes follow @food\_obsessed\_girl on Instagram.

## The ingredients

### For the suet pastry:

- 300g plain flour
- 100g suet
- 100g cold chopped butter
- 1/2 tsp salt
- Cold water
- 1 beaten egg yolk for glazing



### For the filling:

- 1 tbsp butter
- 600g Chicken thigh fillets cut into bite sized pieces
- 1 medium onion
- 1 medium leek, finely sliced
- 2 plump cloves garlic finely chopped
- 3 tbsp plain flour
- 300ml creme fraiche
- 250 chicken stock
- 1 cup frozen peas
- 150g asparagus, sliced (approx 4cm pieces)
- Handful chopped fresh parsley
- 1 tsp finely grated lemon zest
- Salt and pepper to taste

## The Method

- 1 Make the pastry.** Weigh out the flour, butter and suet and place in a mixing bowl, then add the salt and rub the butter into the flour until there are no large lumps. Make a well in the centre and add 100ml cold water, use a butter knife to start bringing the pastry together, adding a little water at a time until you can just bring it together in a ball. Cover and rest in the fridge for 30 mins.
- 2 Make the filling.** Use a large skillet or pot. On a medium high heat, melt the butter and sweat off the chopped onion for a few mins, then add the leeks and garlic and cook for a further five mins. Add the chicken pieces and seal off the meat for around 5 mins, stirring every minute or so.
- 3** Add the flour and cook this off stirring continuously for two mins, then add the crème fraîche and chicken stock, stirring as you go. Simmer on medium for 5 mins, season to taste then add the peas, asparagus, lemon zest and chopped parsley and remove from the heat. Decant into your pie dish and leave to cool.
- 4** Flour your kitchen top and rolling pin and roll out the pastry to cover your dish, ideally to 7.5mm thick. Grease the top of the pie dish so the pastry doesn't stick, then lay the pastry over the top and lightly press on the edges. Brush with egg yolk and then bake on 200 degrees for 35 mins or until golden brown. Rest for 5 mins before serving.
- 5** Serve with Cornish new potatoes and seasonal veg.